

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years of age, who were sedentary and had no cardiovascular disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of aerobic exercise at 70% of the maximum HR. The control group did not exercise. The HR and HRR were measured at rest and during maximal exercise at the beginning and at the end of the 10-week period. The results showed that the training program significantly increased the HR and HRR at rest and during maximal exercise. The control group showed no significant changes. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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